

NHS Health Checks

Step	Date	Time	Venue
1	Prior to Thursday 25 th April 2024	1 hour	E-learning to be completed
2	Thursday 25 th April 2024	12.30 – 4pm	Bridgehall Community Centre, Siddington Avenue SK3 8NR
1	Prior to Wednesday 22 nd January 2025	1 hour	E-learning to be completed
2	Wednesday 22 nd January 2025	9.30 – 1pm	Stockport venue TBC

*Please note both components of the training are required for completion

Target Audience:

This training is appropriate for anyone who is involved with the delivery or co-ordination, at a practice level, of NHS Health Checks. It is therefore suitable for GPs, Practice Managers, Nurse Practitioners, Practice Nurses, Assistant Practitioners and Health Care Assistants.

Course Overview:

This training session will lay out the need and process of undertaking NHS Health Checks and will support delegates with having those vital conversations around behaviour change to support patients to act with the information received. The training will include approximately 1 hour's e-learning to be undertaken prior to attendance at a half day interactive session. The training will cover:

- Why do we need NHS Health Checks
- The NHS Health Check Process
- The essential elements of the NHS Health Check
- Available tools to help you complete the NHS Health Check fully
- Communication skills and resources to help discuss the risk score
- Techniques to encourage behaviour change and optimal health and well-being
- Lifestyle interventions, local services and resources to support the individual to make a change

Learning Outcomes: Upon successful completion of the course delegates will:

- Understand the key principles of the NHS Health Check programme
- Be able to explain the requirements of the NHS Health Check Understand the process behind gathering, recording and inputting the data to calculate a cardiovascular risk score, and the EMIS tools available to support this.
- Recognise individuals at risk of heart disease, but also identify those who are hypertensive, have an irregular pulse, diabetes, pre-diabetes or impaired glucose regulation
- Be able to describe lifestyle interventions appropriate to each individual's needs and signpost and refer appropriately
- Understand the conditions that block motivation and which prevent individuals with long term conditions from changing to more positive and healthier behaviour
- Consider why people with long term conditions find it difficult to maintain long term goals
- Establish how the chance of success can be improved by using certain mindful approaches to create an environment that fosters motivation and positivity
- Consider the use of a set of simple tools to encourage patients in to wanting to change

Trainer: Eleanor Banister, Public Health Intelligence & Early Intervention & Prevention Lead and Public Health Colleagues, Stockport Council and Dr Joe Delaney, Independent Consultant in Lifestyle Medicine

Cost: This course is free of charge for those working in Stockport General Practice.

Booking Information:

Bookings for this course should be made via gmicb-sto.learningdevelopment@nhs.net
Enquires can be made via gmicb-sto.learningdevelopment@nhs.net or 07393 798115.

Please note when you book, details of how to access the e-learning will be sent to you.

Terms and Conditions:

Please note that it is an employer's responsibility to ensure that individuals employed in any patient facing role (including receptionists) are up to date with the recommended vaccinations for healthcare staff as outlined in the Green Book <https://www.gov.uk/government/publications/immunisation-of-healthcare-and-laboratory-staff-the-green-book-chapter-12>

Please see full Terms and Conditions outlined in the GP Learning & Development Portfolio.

Virtual Sessions:

Please note these sessions may be recorded and shared with others working across Stockport in Health & Social Care. If you attend these sessions, we will assume, you consent to the event being recorded and shared. If you have any concerns around this please email gmicb-sto.learningdevelopment@nhs.net.

Non-Attendance/Cancellation:

The department is sympathetic to issues which may arise, however, if an individual is unable to attend an event for any reason, the learning and development team should be contacted via e-mail on gmicb-sto.learningdevelopment@nhs.net as soon as possible to cancel or defer the booking. Cancelling may enable another individual to attend instead which will help ensure best use of our resources.

If you have any enquires please email gmicb-sto.learningdevelopment@nhs.net .